

Best In Me

拍數: 80 牆數: 2 級數: Intermediate
編舞者: CeeJay (UK)
音樂: Best In Me - Blue



WALK, WALK, ½ TURN RIGHT, KICK, SAILOR STEPS TWICE

1-2 Walk forward right, walk forward left
3-4 ½ turn right with weight remaining on left (back), kick right and click at same time
5&6 Sailor step right-left-right
7&8 Sailor step left-right-left

STEP, ¼ TURN, STEP BALL CROSS, HOLD, HEEL BOUNCES

1-2 Step right forward making ¼ turn right, step left to left side
&3 Ball step right behind left, cross left over right
4 Hold
5-6-7-8 Four small heel bounces turning ½ turn right

TOUCH, SWEEP, ½ TURN RIGHT, COASTER, HEEL BOUNCES

1-2 Touch right forward, sweep right round to back turning ½ turn right
3&4 Straight into right coaster step (step right back, step left next to right, step right forward)
5-6-7-8 Four small heel bounces turning ½ turn left

ROCK-RECOVER-ROCK BACK, STEP BACK, HOLD, ROCK-RECOVER-ROCK FORWARD, STEP, ¼ TURN RIGHT

1&2 Rock right forward, recover onto left, rock right back
3-4 Step back onto left, hold
5&6 Rock right back, recover onto left, rock right forward
7-8 Step forward onto left making ¼ turn right (weight is on left) (6:00)

ROCK, RECOVER, 1 ¼ TURN RIGHT, SWAY, ROCK BACK, RECOVER

1-2 Rock right forward, recover onto left
3-4 Step right to right side making ¼ run right, turn ½ turn right on ball of right stepping left to left side
5-6 Turn ½ turn right on ball of left stepping right to right, sway onto left
7-8 Rock back onto right, recover forward onto left

SWIVEL ¼ TURN RIGHT, HOLD, BEHIND-SIDE-CROSS, SYNCOPATED VINE TO RIGHT

1-2 On balls of both feet swivel ¼ turn right, (12:00) hold
3&4 Right behind left, left to left side, right cross over left
5&6&7&8 Syncopated vine: left behind right, right to right side, left in front of right, right to right side, left behind right, right to right side, left in front of right (weight on left)

TOUCH BACK, TOUCH SIDE, STEP, ROCK, FULL TURN BACK, TOUCH & CLICK

1-4 Touch right behind left, touch right to right side, step onto right in front of left, rock forward onto left
5-7 Step back onto right, ½ turn left stepping onto left, ½ turn left stepping onto right
8 Touch left next to right & click

STEP LEFT, TOUCH, FULL TURN RIGHT, LARGE STEP, DRAG

1-2 Step left to left side, touch right next to left
3-4 Full turn right (to right side) stepping right, left
5-6 Large step right to right side, hold

7-8 Drag left next to right (over 2 counts)

SCISSOR STEP LEFT-RIGHT-LEFT, HOLD, PIVOT ½ LEFT TWICE

1-4 Step left to left side, step right next to left, cross left over right, hold

5-8 Step right forward, pivot ½ turn left, step right forward, pivot ½ turn left

SCISSOR STEP RIGHT-LEFT-RIGHT, HOLD, ½ TURN LEFT, BACK COASTER STEP LEFT-RIGHT-LEFT, HOLD

1-4 Step right to right side, step left next to right, cross right over left, hold

5-6&7 On balls of both feet turn ½ turn left (weight on right), step back onto left, step back right, step forward left (coaster step)

8 Hold

REPEAT
